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ABSTRACT

This resource for parents uses a workbook format to provide specific ideas for parents and other caretakers to use with infants from birth to 8 months of age. Suggested activities are based on an understanding of how the brain develops during infancy and the types of stimulation that promote neural efficiency. The book begins with a discussion of parent beliefs and brain development from birth through 7 months. The remainder of the book is organized according to 4 age levels: birth to 4 weeks, 4 to 12 weeks, 3 to 5 months, and 6 through 7 months. Each section contains general information on development during the period in question, suggests strategies for assessment, and presents activities to facilitate sensory development, meet infants' knowledge needs, and stimulate language acquisition. Space is available for parents to record ideas, plans, and results. Six appendices provide materials that can be used for visual stimulation, ideas for mobiles, and information on recent research and theory. (Contains 26 references.) (Author/KB)

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